

My quit journey starts today!

1 I was referred by: _____

2 My Quit Coach is: _____

(You'll be called by a trained Tobacco Treatment Specialist within 24-48 hours from 1-800-784-8669.)

3 My Quit Coach will call me for my first telephone coaching session on:

Date: _____ Time: _____

These are my questions and worries about quitting smoking to discuss with my Quit Coach:

"Helping someone develop tools and provide support in order to live a healthy lifestyle is an amazing experience. It is not always easy, however, with effort and positive change, it is possible!"
Denielle
QUITWORKS-RI Coach

QUITWORKSSM-RI



QUITWORKS-RI
can help you
quit smoking.

Thousands of
former smokers are
living proof.

Ask about the free QUITWORKS-RI
program during your visit today.

Contact QUITWORKS-RI:
English..... 1-800-QUIT-NOW (1-800-784-8669)
En Español..... 1-800-8-DEJALO (1-800-833-5256)



You can quit...for good.



"Once I made up my mind this was it, my Quit Coach knew how to best channel that momentum to get me over the hill. I used the best tools available to quit for good. I feel great!"

Paul, Bristol

"I wanted to get healthier and enjoy long walks without losing my breath. My Quit Coach was supportive and as dedicated to my goals as I was. She played a huge role in my success."

Sue, Warwick



"QUITWORKS coaching helped me stop smoking 5 years ago. Now I'm exercising without chest pains, feeling healthier every day, and enjoying all my favorite foods again!"

Minerva, Providence

Your **QUITWORKS-RI** Team:

You.
Your clinician.
Your quit coach.

- You and your clinician fill out the form and send it to QUITWORKS-RI.
- Within 24-48 hours, your certified Tobacco Treatment Specialist (or "Quit Coach") calls you for a private telephone conversation.
- You and your Quit Coach schedule more times convenient for you to talk again by phone.
- Your Quit Coach helps you set achievable goals for quitting.
- Your Quit Coach offers support and coping plans for dealing with stress and feelings that go along with quitting.
- Your Quit Coach talks to you about safe and effective stop smoking aids and medications. Examples might include FDA-approved nicotine replacement therapy (NRT) gum, patches, or lozenges, or prescribed medications.
- With your permission, your Quit Coach lets your clinician know how you are doing.
- Remember, your QUITWORKS-RI sessions are FREE.



"The single most important thing you can do for your health is quit smoking. I've connected many patients to QUITWORKS-RI and have seen many get healthier. Ask your Doctor about FREE QUITWORKS-RI today!"

**Matthew Malek MD MPH
Medical Director
Tri-County Community Action
Agency Health Center**